

To learn more
about stroke, please visit the
American Stroke Association at
strokeassociation.org
or call 1-888-4STROKE.



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KNOW THE TEST:

Ask them to smile

- Stroke sign: one side of the face may not move

Ask them to raise both arms

- Stroke sign: one arm may drift or not move

Ask them to repeat a sentence:

- Stroke sign: the words may be inappropriate or slurred

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STROKE STORM WATCH

PRST STD
U.S. POSTAGE
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HELENA, MT
PERMIT NO. 246

A STROKE IS SERIOUS

- Stroke is a leading cause of disability. It occurs when blood flow to the brain is interrupted.
- Brain cells die from lack of oxygen, causing paralysis, loss of speech, loss of vision and many other problems.
- Early treatment can minimize the potentially devastating effects of stroke.

TAKE ACTION AND SEEK EARLY TREATMENT

If you or someone you know experience these symptoms—even if the symptoms appear and then go away—**call 9-1-1 immediately**. Ambulance transport alerts the stroke team and expedites care. If you waste time, you waste brain cells. Every minute counts.

People who are treated **within three hours** of the onset of stroke symptoms are significantly less likely to be disabled than those who wait to get care.

CONTROL YOUR RISK FACTORS AND PREVENT STROKE

If you have any of the following conditions, you are at increased risk for stroke.

- High blood pressure
- High cholesterol
- Diabetes
- Heart disease
- Atrial fibrillation
- Smoking
- Previous stroke or mini-stroke

KNOW THE SIGNS

• Sudden severe headache without a known cause

• Sudden dizziness

• Sudden loss of vision in one or both eyes

• Sudden confusion, trouble speaking or difficulty understanding



• Sudden weakness or numbness of the face, arm or leg, especially on one side

• Sudden loss of balance or coordination

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Ask them to repeat a sentence:

- Stroke sign: the words may be inappropriate or slurred

• Sudden difficulty walking

Take action to decrease your risk of stroke.

- Ask your doctor if you're at risk for stroke and how to lower your risk.
- Know your blood pressure and cholesterol level.
- Schedule regular check-ups to track your health.
- Take prescribed medications and follow your doctor's recommendations.
- Quit smoking. For help, call 866-485-QUIT (7848).
- Walk, run or take the stairs—take steps to stay fit.
- Strive to maintain a healthy weight.

COMMON SIGNS OF STROKE INCLUDE THE FOLLOWING:

- Sudden weakness or numbness of the face, arm or leg, especially on one side
- Sudden loss of vision in one or both eyes
- Sudden difficulty walking
- Sudden confusion, trouble speaking or difficulty understanding
- Sudden dizziness
- Sudden severe headache without a known cause
- Sudden loss of balance or coordination

If you or someone you know experience these symptoms—even if the symptoms appear and then go away—call **9-1-1** immediately. Every minute counts.